

Wake-up to Your Life!

Come explore untapped joys
through mind and body wellness
experiences.



Sat. May 4, 2019
Hopedale Community House
43 Hope St. - Hopedale, MA

10:00 am to 2:00 pm

Free of Charge

Introductory Classes (30 minutes)

Yoga - Kathleen Kavanagh	10:00am-10:30am
Tai Chi - Jean O'Connor	10:30am -11:00am
Integrative/Natural Medicine - Dr. Ann Rickert	11:00am-11:30am
Craniosacral Therapy - Susan Breder	11:30am-12:00pm
Homeopathic Medicine - Janice Doyle	12:00pm -12:30pm
Tapping - Lori Lamont	12:30pm-1:00pm
Meditation/Singing Bowls - Debra McGonnell	1:00pm-1:30pm
Crystal Healing - Mimi Boudreau	1:30pm- 2:00pm

Exhibitors

Artworks Studios - Audubon Society - Reiki Healing
doTERRA Essential Oils - Salt Therapy from Just Breathe
Healthy Smoothie Demos @ 11:30am
Acupuncture - Sabrina Sanchez from Upton Family Acupuncture

Sponsored by: The Hopedale Council on Aging - 508.634.2208